

Emotions & Feelings



Books

1. **My Book Full of Feelings: How to Control and React to the Size of Your Emotions** by Amy V. Jaffe and Luci Gardner, Autism Asperger Pub. (2006) ISBN:9781931282833
2. **The Way I Feel** by Janan Cain, Parenting Press (2000) ISBN:9781884734717
3. **The Feelings Book: The Care & Keeping of Your Emotions** by Lynda Madison, American Girl Publishing (2011) ISBN:9781584855286
4. **The Feelings Book** by Todd Parr, LB Kids (2005) ISBN:9780316012492
5. **Learning to Listen, Learning to Care: A Workbook to Help Kids Learn Self-Control and Empathy** by Lawrence Shapiro, New Harbinger Publications (2008) ISBN: 9781572245983
6. **What to Do When You Grumble Too Much: A Kids Guide to Overcoming Negativity** by Dawn Huebner, Magination Press (2006) ISBN:9781591474500
7. **Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others** by Sheri Van Dijk, Instant Help Publishing (2011) ISBN:9781572248830
8. **When I Feel Scared** by Cornelia Maude Spelman, Albert Whitman & Company (2010) ISBN:9780807589052
9. **Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings** by Mary C. Lamia, Magination Press (2010) ISBN:9781433808906
10. **Feelings to Share from A to Z** by Peggy Snow, Maren Green Publishing (2007) ISBN:9781934277003
11. **Mood Swings: Show'em How You Are Feeling?** by Jim Borgman, Price Stern Sloan Merch (2001) ISBN:9780843175608
12. **Boy Talk: How You Can Help Your Son Express His Emotions** by Mary Polce-Lynch, New Harbinger Publications (2002) ISBN:9781572242715

Websites

<http://kidshealth.org/parent/emotions/>
<http://kidshealth.org/kid/feeling/>

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

